

## Hand Hygiene and preventing infections

Performing Hand Hygiene is the single most effective way to prevent the spread of infections. This involves washing your hands often and well with either soap or the liquid hand rub available.

Our staff are required to follow national guidelines regarding hand hygiene and complete an annual competency. You have the right to ask any staff member, if they have performed hand hygiene prior to attending to you.

It is important to inform us if you have had any recent infections or have any concerns about exposure to infection.

## Medication Safety

Medications are an important part of your treatment. As part of the pre-admission assessment it is imperative that you tell us any regular medications, natural therapies and vitamin supplements you are taking to avoid any medication interactions from occurring.

The pre-admission nurse will inform you if you need to cease these prior to surgery. Also inform them if you have any allergies or had any bad reactions to medicines in the past.

## Patient Identification

Throughout your stay with us you will be asked on numerous occasions to tell us your name, date of birth, any allergies and the procedure you are having performed. This is all part of the process involved to ensure that the right patient receives the intended procedure. You will be given an identification band to wear at admission for the length of your stay, which staff will use when checking your details before performing any procedures or tests.

## Reducing the risk of blood clots

Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE) are blood clots that can form in the leg or lungs. Both of these conditions generally occur in the longer stay hospitalized patient causing long term complications. However they can affect day procedure patients having longer procedures with associated risk factors with periods of immobility.

At Darwin Day Surgery we have protocols in place focusing on the prevention of blood clots. The admission nurse will assess you on admission and this assessment will form the basis for your preventative treatment if required. If required, the treatment will be ordered in collaboration with your doctor and can involve medications and pressure relieving stockings.

Therefore it is very important that you advise the admission nurse if you have a past history of blood clots, so the right plan can be formulated for you.

## Preventing falls and pressure injuries

Falls are the most common cause of injury in hospitals and can delay your recovery. Falling over is more likely in hospital because you're in an unfamiliar environment and may be physically weaker than usual following your anaesthetic.

Pressure injuries (also known as bedsores or ulcers), can form when patients sit or lie in the same position for long periods, this risk is increased if you have poor circulation. We have pressure relieving devices in use here to ensure all our patients are well protected from any injuries occurring.

The admission nurse will complete a falls risk and pressure injury assessment, in order to identify your risk and ensure that appropriate strategies are in place while at the day surgery to prevent either from occurring. If you have a past history of falls or poor circulation, please remember to discuss this with our admission nurse.